

January at



Center Hours:
 Monday - Thursday: 7am-8pm Friday 7am-7pm
 Saturday: 8am-3pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7am-7:45am Active Isolated Stretching	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	9:00am-10am Iron Yoga
7:45am-8:45am Muscle Works	7am-7:45am Active Isolated Stretching	7:45am-8:45am Cardio, Core, & More	7:30am-10:30am Courts #1 & #2 Round Robin Tennis	7:45am-8:45am Balance, Core, and Stretch	9:00am-10:30am Courts 1-3 Round Robin Tennis
9am-10am Restorative Yoga	8am-9am Body Blast	9am-10am Outside CardioBarre	8am-9am Gutts & Butts	9am-10am Group Indoor Cycle*	10:15-11:15am Yin Yoga
9am-10am Outside CardioBarre	9:15am-10:15am Outside Pilates/Yoga Mix	9am-10am Tai Chi	9:15am-10:15am Pilates/Yoga Mix	9am-10am Tai Chi	11:45am-2pm Pickleball
10:15am-11:15am Cardio FUNCTION	10:30am-11:30am Vinyasa Yoga	9am-10am Group Indoor Cycle*	10:30am-11:30am Vinyasa Yoga	10:15am-11:15am Tighten & Tone	10:30am-1pm Tennis: Legends
10:30am-6pm Open Tennis Court #2	11:45am-2pm Pickleball	10:15am-11:15am Cardio FUNCTION	10:30am-1pm Tennis: Legends	11:45am-2pm Pickleball	1pm-2pm Open Tennis Court 2 & 3
10:30am-6pm Outdoor Pickleball Court #1	1pm-6pm Outdoor Pickleball Court #1	10:30am-8pm Open Tennis Court #2	11:45am-2pm Pickleball	10:30am-6pm Outdoor Pickleball Court #1	2pm-3pm Open Gymnasium
11:45am-2pm Pickleball	10:30am-1pm Tennis: Legends	10:30am-6pm Outdoor Pickleball Court #1	1pm-6pm Open Tennis Court #2	10:30am-6pm Open Tennis Court #2	We recommend that for fitness classes you bring your own mat and weights.
2pm-3pm Open Gymnasium	1pm-6pm Open Tennis Court #2	11:45am-2pm Pickleball	1pm-6pm Outdoor Pickleball Court #1	2pm-3pm Open Gymnasium	
6pm-8pm Open Gymnasium	2pm-3pm Open Gymnasium	2pm-3pm Open Gymnasium	2pm-3pm Open Gymnasium	6pm-7pm Open Gymnasium	Tennis Court #3 Reserved for Private Lessons MWF 7:30am-8pm TRS 7:30am-10:30am TRS 1pm-Close
6pm-8pm Open Gymnasium	6pm-8pm Open Gymnasium	6pm-8pm Open Gymnasium	6pm-8pm Open Gymnasium		

*Must Pre-register

Class sizes will be limited. For busy classes a number system will be in place.

January at The Center

Sports Center

League Sports*

Visit www.centerami.org or email connor@centerami.org for more information

Tennis Lessons*

With the Tennis Pro EJ For more information contact EJ at 941.725.9273

Youth Flag Football *

for more info contact connor@centerami.org
First game 1/12

Youth Center

Youth Jazz & Hip-Hop Dance Class*

5-16 years old
Thursdays 6pm-7pm
For more info contact
youthprograms@centerami.org

Beyond The Classroom After School*

Pick-up from AME
Dismissal -6pm
For more info contact
youthprograms@centerami.org

K-5th Grade All Day Camps*

February 15th
8am-6pm
For more info contact
youthprograms@centerami.org
***Must Pre-register**

**~ The Center will be closed
January 1st & 2nd**

Adult Flag Football*

Register by 1/07 at 4pm
Draft Day 1/07
First game 1/14

Adult Soccer*

Register by 1/06 at 4pm

Draft Day 1/06
First game 1/13



407 Magnolia Ave
(941)778-1908

info@centerami.org

www.centerami.org

See other side for daily class schedule

Classes & programs may change

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Saturday: 8am-3pm

Fitness Center



**Our Fitness Area is
open when we are!**

The Fitness area is not the same
as the Gymnasium or Gym

HIIT Class

Monday, Tuesday, Thursday
11:30am-12:30pm
Starts January 4th

Fitness Room Orientations

are available and are FREE
email: Islandfitness@hotmail.com

Interested in Personal Training?

Island Fitness is here to help.
email: islandfitness@hotmail.com

See other side for daily schedule
of Fitness Classes